

National School Lunch Program (NSLP) and School Breakfast Program (SBP)

VEGETABLE SUBGROUPS ¹

The U.S. Department of Agriculture's (USDA) meal patterns for the NSLP and SBP include five subgroups of vegetables that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the 2010 *Dietary Guidelines for Americans*. ² The chart below identifies some commonly eaten vegetables in each subgroup.

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry
<ul style="list-style-type: none"> arugula beet greens bok choy broccoli broccoli rabe (rapini) broccolini butterhead lettuce (Boston, bibb) dark green leafy lettuce chicory collard greens endive escarole kale mesclun mustard greens spinach Swiss chard red leaf lettuce romaine lettuce turnip greens watercress 		<ul style="list-style-type: none"> acorn squash butternut squash carrots chili peppers (red) hubbard squash orange peppers pumpkin red peppers sweet potatoes/yams tomatoes tomato juice winter squash 	<ul style="list-style-type: none"> black beans black-eyed peas (mature, dry) cowpeas fava beans garbanzo beans (chickpeas) kidney beans lentils lima beans, mature mung beans navy beans pink beans pinto beans soy beans/edamame split peas white beans <p>* Does not include green peas, green lima beans and green (string) beans</p>

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned	
<ul style="list-style-type: none"> black-eyed peas, fresh (not dry) corn cassava cowpeas, fresh (not dry) field peas, fresh (not dry) green banana green peas lima beans, green (not dry) pigeon peas, fresh (not dry) plantains potatoes taro water chestnuts 	<ul style="list-style-type: none"> artichokes asparagus avocado bamboo shoots bean sprouts (e.g., alfalfa, mung) beets Brussels sprouts cabbage, green and red cauliflower celeriac celery chives cucumbers daikon (oriental radish) eggplant fennel 	<ul style="list-style-type: none"> green beans garlic green peppers horseradish iceberg lettuce jitama kohlrabi leeks mushrooms olives okra onions parsnips peas in pod, e.g., snap peas, snow peas peppers (green sweet bell, green chili, purple) pickles (cucumber) radishes rhubarb shallots snap peas snow peas spaghetti squash tomatillo turnips wax beans yellow beans yellow peppers yellow summer squash zucchini squash

¹ All vegetables are credited based on volume except raw leafy greens count as half the volume served and tomato paste and puree are credited based on the volume as if reconstituted (see the USDA's *Food Buying Guide*). Vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the weekly vegetables component.

² For more information, see the Dietary Guidelines at <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf> and the vegetables group in Choose My Plate at <http://www.choosemyplate.gov/food-groups/vegetables.html>.

For more information, see the Connecticut State Department of Education's (CSDE) Meal Patterns Web page at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770> or contact the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 (see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=333770>).

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